

## AASD Return to Sports & Extracurricular Activities Plan

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### **PURPOSE**

The purpose of this document is to serve as the guidance for AASD Students and Student-Athletes to return to sports and extracurricular activity in a safe and effective manner. The resources cited in the reference list attached to this document are the most current and available to the COVID-19 Athletics Team. AASD has taken the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. A list of resources utilized while developing this plan is included in this document.

While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, staff and their families. With the constant change that comes with these types of recommendations and guidelines, please know that we will monitor guidance/guidelines as they are released for any changes/updates. AASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. The recommendations contained in this document will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

It is also important to note that while the status of the current phase may change, this document is meant to be utilized and referred to when those situations present themselves. Additionally, this document may be revised at any time new guidelines are provided to AASD.

These recommendations for **all phases** for Ambridge Area School District comes from the Center for Disease Control and Infection:

1. Students, Student-Athletes, Coaches, and Staff should undergo a COVID-19 health self-screening prior to any practice, event, or team meeting. The purpose is to check for signs and symptoms of COVID-19. If any Student, Student-Athlete, Coach, or Staff presents any sign or symptom, he or she should not attend any practice, event, or meeting.

2. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering as feasible. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings may not be used for athletes while practicing or competing.) Hand Sanitizer will be available for team use as resources allow.
3. Encourage social distancing through increased spacing, small groups, and limited mixing between groups.
4. Educate Students, Student-Athletes, Coaches, and Staff on health and safety protocols.
5. Require anyone who is sick to stay home.
6. Prepare for necessary steps if a Student, Student-Athlete, Coach or Staff member becomes sick.
7. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
8. Students, Student-Athletes, Coaches and Staff MUST provide their own water bottle for hydration. Water bottles must not be shared.
9. PPE (gloves, masks, eye protection) will be used as needed and situations warrant. Or if use is in the guideline of local/state governments.
10. Identify Students, Student-Athletes, Coaches and Staff who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions such as:
  - Age 65 or older
  - Lung disease, moderate-severe asthma
  - Serious heart conditions
  - May be immunocompromised
  - Diabetes

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The Yellow & Green Phase information that follows in this document is from the COVID-19 Guidance for Sport 6/10/20, the National Federation of High School Association (NFHS) and the National Athletic Trainers' Association (NATA).

### **PA State Yellow Phase**

- All school facilities remain closed as per PA State Guidelines.
- Students, Student-Athletes, Coaches and Staff may communicate via online meetings (zoom, google meet, etc.).
- Student-Athletes may participate in home workouts including strength and conditioning.
- Students, Student-Athletes, Coaches and Staff should abide by guidelines set forth by the local and state governments.

### **PA State Green Phase**

#### **Pre-workout Screening:**

- Students, Student-Athletes, Coaches and Staff should self-report any signs/symptoms of COVID-19 prior to a workout.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19.

- Any person with positive symptoms reported will not be allowed to take part in AASD activities and should contact his or her primary care provider or other appropriate health-care professional.

**Limitations on Gatherings:**

- Gatherings should only include Students, Student-athletes, Coaches and other required Staff.
- No gathering of more than 25 individuals including coaches per schedule.
- Controlled non-contact practices only, with an emphasis on conditioning in the beginning.
- Social Distancing should be applied, as feasible, during practices and in locker rooms, and gathering areas.
- Locker rooms will not be made available. Students, Student-Athletes, Coaches and Staff will need to arrive dressed for activity and return home to shower following any practice, competition or event.

**Facilities Cleaning:**

- Adequate cleaning schedules will be implemented for all facilities to mitigate any communicable disease.
- Facilities should be cleaned prior to arrival and post workouts and group activities. High touch areas should be cleaned more often.
- Weight Room Equipment should be wiped down after any individual's use.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces.

**Physical Activity:**

- Modified practices may begin for Moderate and High-risk sports (practices must remain non-contact and include social distancing where applicable).
- All individuals should refrain from sharing clothing/towels and should be washed after each practice.
- All equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- All equipment will be cleaned at the end of the practice day for use the following day by Coaches and Staff.
- Hand Sanitizer should be used periodically as resources allow.
- Spotters for weightlifting should be stationed at each end of the bar and not overtop the athlete.

**Classification of Sports**

**High Risk:** Sports/Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: football, wrestling, competitive cheerleading

**Moderate Risk:** Sports/Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants.

Examples: basketball, volleyball, baseball, softball, soccer, tennis, pole vault, high jump, long jump

**Low Risk:** Sports/Activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

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The Phase Plan that follows in this document follows the template available in the guidance from the **UPMC Sports Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines (High School)**.

### **Phase 1**

In Phase 1, a COVID-19 education module to educate Students, Student-Athletes, Parents, Coaches, and Staff about disease signs/symptoms, virus spread, and prevention will be provided.

### **Phase 2 (14 days)**

Teams/Groups may participate in non-contact activities in groups of 25 or less. This group of 25 includes all Students, Student-athletes, Coaches and Staff within the practice facility. Smaller groups of 6-8 Students and Student-Athletes (pods) will remain constant for the entire 14-day period. During this phase, the participants will be permitted to participate in non-contact workouts. The field/gym will be divided into quadrants or areas using the existing lines. Students and Student-Athletes will stay in their assigned location using limited equipment placed in that area. The Athletic Director will work with each sport's coaching staffs to develop appropriate practice plans that will be used to meet the guidelines of this phase.

Examples:

- Football may divide the field into 4 squares with 6-8 players in a section. In one section, the linemen may do drills. In another section, the Quarterbacks and Wide Receivers will throw and catch. No scrimmaging will take place.
- Basketball may divide the court in half with 6-8 players in a section. That allows for a group of players to do dribbling/ball handling drills and shooting on one hoop with a designated set of basketball. This would also allow for conditioning in a large enough space.

Physical Distancing will be in play and should always be observed as able. Physical distancing is defined as maintaining 6 feet distance from other people. Students and Student-athletes will have masks or gaiters in place during huddles/group meeting. Coaches and Staff will maintain masks or gaiter wear during the entire practice.

Students and Student-Athletes should arrive dressed and ready for activity as no locker room facility will be available to avoid congregation. Restrooms will be available for use with social distancing guidelines in place.

Students and Student-Athletes will also be required to provide their own water container and water for practice. If water coolers are available at an event, the refilling will be handled by a staff member so there is no gathering at the cooler station and the staff member will utilize hand sanitizer between filling each bottle.

All individuals will be pre-screened prior to each practice. Those Student-Athletes, Coaches and staff participating at MR Stadium will be screened at a check-in station inside the fence in MR Stadium. Other Students, Student-Athletes, Coaches and Staff will have a designated check-in site for their activities. Markers should be in place to assist with social distancing at the check in site.

Instructions will be provided indicating that the site for check-in for teams and extracurricular groups. Additionally, the entrance, exit and traffic pattern for Students, Student-Athletes, Coaches and staff will be indicated.

Students, Student-Athletes, Coaches and Staff are advised to remain in their vehicles until the check-in time for their team. Check-in should begin about 20 minutes prior to your organization's start time.

Individuals dropping off Students and Student-Athletes for an activity should remain in their vehicles. Further, individuals are advised to wait to confirm that their participant passes through the check-in point prior to leaving the parking lot in case the participant is ruled out from joining their activity due to a positive screening outcome and needs to leave the AASD facility.

A non-contact temperature will be taken. If the individual's temperature is above 99.5, the individual will not be permitted to practice and will be sent home. Students, Student-Athletes, Coaches and Staff will be asked the following questions.

- Do you have any of the signs/symptoms on the checklist.
- Has anyone in your household had any of the signs/symptoms on the checklist?

The check-in sheet will be completed each time a team gathers. The forms will be maintained in the athletic training office to protect confidentiality and adhere to HIPAA.

Students, Student-Athletes, Coaches and Staff should wear a mask/gaiter during check-in. That face covering should be maintained until the individual leaves the facility. Student-athletes may remove their face covering when physically exerting themselves.

Students, Student-Athletes, Coaches and Staff should wear masks when in the AASD facilities. Only the required staff members that are necessary to run the activity should be on-site.

Surfaces in the weight room and athletic training facility must be cleaned prior to the next group's arrival and wiped down after use.

Good hygiene practices, as outlined by the CDC, will be maintained by student-athletes/coaches/staff at all times.

The AASD Board of School Directors/Administration will determine at the end of Phase 2 if we are able to move to Phase 3.

### **Phase 3: 4 weeks**

After the 14-day period of groups of 25, groups may begin contact activity in of no more than 50 Students, Student-Athletes, Coaches and Staff. Physical distancing will be maintained in all facilities and during practices. Physically distancing while engaged in the sport will not be possible in all activities, but on the sideline, distancing should be maintained. By using the MR turf field and the Middle School Gym for activity during the preseason, there are marks in the facilities that may be used for spacing. Bleachers should be used for participants to sit/stand in a distancing manner when group is gathered. The following changes may be introduced:

- Locker room facilities may be available with physical distancing is maintained. Use will be limited to **every other locker**.
- Community disease will continue to be on the decline.
- Good hygiene practices will be maintained at all times.
- Masking while indoors will be required when the Student-Athlete is not physically exerting themselves.
- Pre-activity screenings will remain in effect.

The AASD Board of School Directors/Administration will determine at the end of Phase 3 if we are able to move to Phase 4.

### **Phase 4**

Phase 4 will begin after the four weeks of return to activity has been completed if the disease load in the community is declining. At that time, activities may have 250 participants for full practices, competition and other events. Social distancing protocols should be maintained at all other times. Social distancing should be maintained indoors, on sidelines, in weight rooms, in athletic training facilities and locker rooms per CCD guidelines.

The following information is from the **Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public, Issued June 10, 2020** and **NFHS Guidance for Opening Up High School Athletics and Activities**.

### **Social Distancing during Contests/Events/Activities**

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape or paint as a guide for students and coaches.

### **Who should be allowed at events?**

Group people into tier format from essential to non-essential and decide which will be allowed at an event:

Tier 1 (Essential) – Student-Athletes, Coaches, Officials, Event Staff, Medical Staff, and Security

Tier 2 (Preferred) – Media

Tier 3 (Preferred, but Non-essential) – Parents/Guardians

Tier 4 (Non-essential) – Spectators, Vendors

- Only individuals identified in Tiers 1 through 3 will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

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The information in this section is based on the **UPMC Sports Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines (High School)**.

### **Illness Protocol**

- If a Student becomes ill or exhibits a fever they will be immediately masked, isolated, and parents/guardians notified. HIPPA and FERPA guidelines/requirements must be maintained.
- If a Coach or Staff member exhibits signs/symptoms of COVID 19, the individual will be immediately isolated and removed from AASD facilities.
- Testing for COVID-19 should be done.
- If testing is indicated and positive contact tracing will be implemented.  
\*This contact tracing will identify those individuals who would have been within six feet of the sick athlete for more than 5 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic. To learn more on contact tracing, visit the Pennsylvania DOH or CDC websites:  
[PA Department of Health](#)  
[Centers for Disease Control and Prevention](#)  
\*Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic

contact may be available, it does not confirm the infection potential of that individual, so cannot be relied on for return to play.

- A Student with the positive COVID-19 test may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath AND at least 10 days have passed since symptoms first appeared according to CDC guidelines. Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Students who test positive for COVID 19 should provide a written release for return to activity from their medical provider before allowing continued participation.

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**Other Recommendations:****Transportation**

Modifications for Students, Student-athletes, Coaches and Staff transportation to and from events may be necessary. These potential modifications will be determined by AASD, Department of Education, State and/or Local governments. These changes may include:

- Reducing the number of individuals on a bus.
- Increasing the number of buses needed to safely transport participants.
- Using hand sanitizer upon boarding a bus.
- Social distancing on a bus with one person per seat.

**Overnight / Out of State Events / Events in COVID-19 Hot Spots**

- AASD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high-risk exposure.

**Extracurricular Activities**

- Groups such as Band, JROTC and others will use this plan to created guidelines for their return to activity as well.



## **ORDER OF EVENTS**

- ❖ Draft of Return to Sports Playbook created.
- ❖ Final Approval of AASD Return to Sports & Extracurricular Activities Plan by COVID-19 Athletics Team.
- ❖ Draft of Parent/Guardian letter
- ❖ Final Approval of AASD Return to Sports & Extracurricular Activities Plan by AASD Board
- ❖ Presentation of AASD Return to Sports & Extracurricular Activities Plan to the Coaches and Staff
- ❖ Student & Parent virtual or in person meeting(s) social distancing for education/return to activity with the following items covered:
  - Handwashing/Hygiene instructions
  - Directions to avoid touching your face
  - Instructions for pre-activity check in
  - Instructions for entry/exit of facility with map/photo
  - COVID 19 signs/systems check list
  - Instructions to avoid gum/spitting/licking fingers etc
  - Reminder no handshakes/hugs/fist bumps/hugs etc
  - Avoid handling of mouthguards (they should be attached to helmet)
  - Use of masks/gaiters
  - Water bottle refill station procedure
  - Introduce the quadrants of the field using a map/photo
  - Advise S-A to shower and wash clothes upon return to home
  - Do not attend practices or games if you are experiencing any symptoms
  - Student athletes wait for check-in before entering practice
- ❖ Student-Athletes return to play pending completion of CIPPE forms and receiving COVID-19 education.

## RESOURCES

<https://www.governor.pa.gov/covid-19/sports-guidance/>

<https://www.upmc.com/services/sports-medicine/for-athletes/return-to-sports-guidelines>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

<https://www.education.pa.gov/Documents/K-12/Safe%20Schools/COVID/GuidanceDocuments/Pre-K%20to%2012%20Reopening%20Guidance.pdf>

<https://www.governor.pa.gov/wp-content/uploads/2020/05/20200522-Department-of-Health-2020-Summer-Program-FAQ.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

[https://www.nata.org/sites/default/files/covid\\_19\\_return-to-sport\\_considerations\\_for\\_secondary\\_school\\_at\\_1.pdf](https://www.nata.org/sites/default/files/covid_19_return-to-sport_considerations_for_secondary_school_at_1.pdf)

[https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)

<https://www.nfhs.org/media/3812329/2020-nfhs-guidance-for-returning-to-high-school-marching-band-activities.pdf>

PDE Phased School Reopening Health and Safety Plan Template

## TENTATIVE EXAMPLE OF DAILY PRACTICE SCHEDULE

<b>MR TURF</b>	
<b>TIME</b>	<b>GROUP</b>
8A-10A	G SOCCER
1015-1145A	MS G SOCCER
12-130P	MS B SOCCER
145-345P	B SOCCER
4-530P	MS FB
4-630P	FB
<b>MS GYM</b>	
<b>TIME</b>	<b>GROUP</b>
9A-11A	CHEER
1130A-130P	B BKB
2-4P	G VB
<b>OTHER</b>	
<b>TIME</b>	<b>GROUP</b>
10-1130A	CC
?	G BKB

## **TENTATIVE TIMELINE OF IMPLEMENTATION**

W 7/1/20	Clean/Set Up Facilities Phase 1 Team Meetings/Education
R 7/2/20	Holiday for staff (7/4/20 is Sat)
M 7/6/20	Begin Phase 2 of Fall Sport Conditioning (or 14-day period)
M 7/20/20	Begin Phase 3 of Fall Sport Conditioning (or 4-week period)
M 8/3/20	Band Camp Week 1; MR Teams schedules must be adjusted thru R 8/6/20
M 8/10/20	Band Camp Week 2; PIAA FB Heat Acclimation begins MR Teams schedules must be adjusted thru R 8/13/20
M 8/17/20	Begin Phase 4
M 8/17/20	1 <sup>st</sup> Day of Teacher In-service
M 8/17/20	1 <sup>st</sup> Day of Practice for Fall Teams except MS FB
W 8/19/20	1 <sup>st</sup> Day of School
Sat 8/22/20	1 <sup>st</sup> Day of HS Fall Scrimmages
M 8/24/20	1 <sup>st</sup> Day of Practice for MS FB
W 8/26/20	1 <sup>st</sup> Day of MS Soccer Scrimmages
W 9/2/20	1 <sup>st</sup> Day of MS FB Scrimmages